



## **Instructions for your Retainer**

Today is the Big Day; you were given your retainers! If you want your smile to stay as perfect as it was the day you had your braces removed, you must wear them according to our instructions:

1. Retainers must be worn full time for at least 6 months after your braces have been removed. We will instruct you when to reduce your retainer wear.
2. Clear, invisible retainers may be worn while playing physical sports (they are not as thick as a mouth guard, but can protect you and reduce the chance of injury).
3. Do not wear retainers with metal wires while playing physical sports, as they may become dislodged and cause injury.
4. **NEVER** put it in a towel or napkin, you will throw it away!
5. **ALWAYS** keep your retainers in their case. If they aren't in the case, they are in your mouth, if they aren't in your mouth, they are in the case.
6. Retainers take on food odors and animals love to chew on them. Keep them away from animals!
7. Keep them clean! Brush them when you brush your teeth. You may soak them with *Efferdent* (denture soak) or *Retainer Brite* for 20 minutes to 2 hours.

**\*Protect your retainers. They are vital for maintaining the stability of your smile\***

**We now offer Whitening Gel you can use right in your retainers!! If you are interested in making your new smile shine, ask us for details!!**